

✦ For more information about family health services and programs, call the Family Health Information Line at 1-800-942-7434. Our staff speaks English and Spanish. We're ready to help.

Feeding Your Baby from 6 to 8 Months

Good nutrition is important for your child's health. This guide will help you choose the foods your child needs to grow up healthy.

Tips for feeding your baby

- » Start your baby with pureed or strained fruits and vegetables. Cooked, canned, or frozen fruits and vegetables are good choices.
- » The food should be smooth and runny in texture. As your baby gets used to eating solid foods, make the mixture thicker and lumpier.
- » Start with 1 to 2 teaspoons of food and slowly increase the amount you offer your baby over time.
- » When your baby starts eating new foods give your baby only one new food at a time. Offer the new food at least 2-3 times during a week and watch for signs of a food allergy.
- » Feed your baby when the rest of your family eats. Eating with your baby will make him more likely to try new foods.
- » Ask your nutritionist if you want to learn how to make your own baby food.





As you begin to give your baby more solid foods, remember that he or she still needs breastmilk or iron-fortified formula everyday.

What your baby may be doing now

- » Sitting with some help
- » Following objects with eyes
- » Holding spoons and beginning to feed self
- » Beginning to chew thicker foods and solids
- » Holding a bottle or cup with one or both hands
- » Beginning to use fingers to pick up objects
- » Cutting first teeth
- » Wanting to touch, taste, and smell everything within reach

New foods you can offer your baby

As you begin to give your baby more solid foods, remember that he or she still needs breastmilk or iron-fortified formula everyday. At this age, you can begin to offer your baby fruits, vegetables, juice, and soft finger foods such as:

Vegetables

Butternut Squash
Sweet Potatoes
Carrots
Spinach
Peas
Green Beans
Plantains

Fruits

Apple Sauce
Pears
Bananas
Prunes
Mango
Papaya
Peaches

Finger Foods

Dry cereal
Teething biscuits
Toast

Starting juice

At six months you can give your baby 100% pure juice or WIC allowed juices.

- » Offer only 2-4 ounces of juice a day.
Too much juice may give your baby diarrhea.
- » Always give juice from a cup, not a bottle.
Using a cup helps your baby learn a new skill.



Foods to avoid

Your baby is still too young for many solid foods because certain foods may cause your baby to choke or have an allergic reaction. **Do not give your baby the following foods:**

- » Dairy products such as milk, yogurt, and cheese
- » Sweets, such as candy, cake, or cookies
- » Tree nuts, such as walnuts and pecans
- » Raw vegetables
- » Eggs
- » Meat
- » Hot dogs
- » Grapes
- » Peanuts
- » Fish / Shellfish
- » Seeds
- » Honey
- » Peanut Butter
- » Popcorn